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AUTHOR	Sori, Catherine Ford; Hecker, Lorna L.
TITLE	The Therapist's Notebook for Children and Adolescents: Homework, Handouts, and Activities for Use in Psychotherapy.
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DESCRIPTORS	*Adolescents; Bereavement; *Children; *Counseling Techniques; Cultural Influences; Diseases; Divorce; Family Relationship; Group Therapy; Intervention; Parent Child Relationship; Play Therapy; Psychological Patterns; *Psychotherapy; Sexual Abuse
IDENTIFIERS	Sleep Disorders

ABSTRACT

Targeted specifically toward children and adolescents, this book provides resources for therapists that will assist them in aiding children with their feelings, incorporating play techniques into therapy, providing group therapy to children, and encouraging appropriate parental involvement. Topics covered include sleep problems, divorce, illness, grief, sexual abuse, cultural/minority issues, and incorporate therapeutic approaches that include play, family play, psychodynamic, family systems, behavioral, narrative, and solution-focused therapy. This book is divided into eight sections to make it easy to find the right activity, handout, or intervention for the problem at hand: Dealing with Children's Feelings, The Use of Play in Therapy, Specific Childhood Problems, Dealing with Illness, Trauma, and Bereavement, Youths/Adolescents, Specific Approaches or Interventions, Family Issues, and Parent Education and Intervention. Covering a wide age range, it is hoped that the book will help therapists become even more effective with youthful clients by: providing creative ideas for use with children; expanding therapist's repertoire of proven interventions and approaches to working with children and specific children's issues; exploring effective ways to run children's groups; showing therapists how to work with children in many modalities--individual, family, with parents, and in groups; examining ways to include parents and families in child/adolescent therapy to increase the ability to make systematic changes, and helping the client's behavioral change to be reinforced at home. (GCP)

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